

## September 29 is Family Health & Fitness Day

This fall, celebrate Family Health and Fitness Day USA on September 29th. Celebrated annually on the last Saturday in September, this event was created by the Health and Information Resource Center in 1996 as a way to get people of all ages physically active.



### How to Observe Family Health & Fitness Day USA

1.

#### *Break a sweat*

Possible activities include taking a dance class, going rock climbing, enjoying a bike ride outside, or going roller blading. You'll get health and fitness benefits without making it feel like a chore.

2.

#### *Get the community in on the action*

Post fliers at schools, coffee shops, and churches — and try and get your community to come together and make positive health and fitness changes. Kickball games, dance lessons, kickboxing sessions, or ice skating lessons are great physical activities.

3.

#### *Have fun in the sun*

Enjoy the breeze as you do yoga outdoors; get some vitamin D as you do a hiking scavenger hunt; hide healthy gifts such as essential oils, jump ropes, bagged trail mix, popcorn, and granola; or relax in the sun with a tai chi class.

## THE INSIDE STORY:

- 3 Healthy Meal Recipe
- 4 Communicating When “Naked”
- 5 What is Health Literacy
- 6 Joining Together Eliminating Poverty
- 7 Fruits & Veggies Month
- 9 October is Breast Cancer Awareness Month
- 10 Nutrition and Healthy Eating
- 12 Making Mental Health A Priority
- 13 Worksite Wellness
- 14 Class Calendar - Get Signed Up!
- 15 CONTACT US



## On Things of the Heart

We ascribe many attributes to the heart. We are told to follow your heart when it comes to our dreams and aspirations; people with heart are seen as people who care; a brave heart is a courageous heart; we describe an individual as our heart if they are deeply loved; if you have a big heart you are generous; don't lose heart, means don't give up. The heart is felt by some to be the place from which our most sincere words flow. When you give your heart to someone you give away something very important, love. Many would even say that a broken heart is not something of the imagination but real, physical and painful. To the scientist - a muscular organ that pumps oxygen and nutrient rich blood through the circulatory system; to poets - the essential place from which love and emotions flow. Whether poet, scientist or ordinary person, we all accept that the heart means something. Regretfully, that is not demonstrated by how we physically treat or care for our hearts. While there are some improvements, heart disease remains the major cause of death in the US and in Hillsborough County. Some recent statistics indicate that 22.6% of residents in our county die from heart disease. While some of the reasons for this are based on biology, some are not and are therefore preventable.

To attempt to discuss all the approaches for prevention in this short article would lead to oversimplification of the relevant determinants and strategies. It may make sense instead to highlight some general guidelines for preventing heart disease. These include:

1. Don't smoke or use tobacco.
2. Exercise for at least 30 minutes on most days of the week.
3. Eat a heart-healthy diet. One that is rich in fruits, vegetables and whole grains and low in fat.
4. Maintain a healthy weight.
5. Get enough sleep. For most adults this means 7-9 hours each night.
6. Have needed health screenings: blood pressure, cholesterol and diabetes.

According to Helen Keller, “The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” Yes, I know, more poetic than scientific but let's protect this most important organ.

Have a question or comment? Email us: [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

Managing Editor: Mandy Chan

Copy Editors: Greg Champlin, Kelsey Christian, Jennifer Waskovich

# Healthy Recipe:

## Tuscan White Bean Soup

The white beans (cannellini), along with garlic and rosemary or sage, are traditional ingredients in many soups and stews in Tuscany. Serve as a main course with a simple salad of mixed greens.

### Ingredients

- 1 tablespoon oil, olive, extra-virgin
- 6 clove(s) garlic chopped
- 1 slice(s) bread, 100% whole-grain cut into 1/2-inch cubes
- 2 cup(s) beans, cannellini or other white beans, picked over and rinsed, soaked overnight, and drained
- 6 cup(s) water
- 1 teaspoon salt
- 1 leaf bay leaf
- 2 tablespoon oil, olive
- 1 medium onion(s), yellow coarsely chopped
- 3 medium carrot(s) peeled and coarsely chopped
- 1/4 teaspoon pepper, black ground
- 1 tablespoon rosemary, fresh chopped, plus 6 sprigs
- 1 1/2 cup(s) stock, vegetable or broth



---

### Instructions

Serves 6

- To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and sauté for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and sauté, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.
- In a soup pot over high heat, combine the white beans, water, 1/2 teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use.
- In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.
- Return the cooking pot to the stove top and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and sauté until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/2 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil, then reduce the heat to low and simmer until the stew is heated through, about 5 minutes.
- Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

Serving size: About 1 1/4 cup stew and 1/6 of the croutons

## Guess the Phrase in the Picture Below



Answer at Bottom of Page

## Communicating When ‘Naked’

Most of us deal with a health issue at some point or another. But we are not always comfortable having health conversations with our doctors, especially if we are sitting exposed on an exam table. We should never leave an appointment unsure of the meaning of something our doctor has said, so it helps to prepare ahead of time:

- **Take What You Need.** Inviting family members or friends to go with you can help. It can be extra hard to speak up for yourself when feeling vulnerable, scared, overwhelmed, or ill. If you use hearing aids or eyeglasses, take them too.
- **Find Your Voice.** Write down your questions, with space for the answers, before you go to appointments. Ask the most important questions first. Tell your doctor if he or she is talking too fast, or if there are words, concepts, and numbers you do not fully understand.
- **Create your own medical record.** Just as doctors keep records about our diagnoses, treatments, and test results, and you should do the same. Although it's not required, the doctor's office might provide you with a copy of the visit summary. If they don't, you could ask for it. Also keep information on:
  - Tests done, test results, and medical instructions
  - Print-outs of education materials
  - Medication lists, your healthcare proxy information, and other important papers
  - Bills from medical offices and mail from insurance companies

## More Communication Tools

Make a mental note to try this communication approach the next time you are in a medical appointment. After the doctor or nurse has finished speaking say, “so what you’re saying is...” and then repeat your understanding of what they have said to you. Not only will you remember more of your conversation when you get home, but you have also opened the door for clearing up any misunderstandings between the two of you. Most likely that doctor or nurse will be thankful that you have taken an interest in understanding what they have said!

Riddle Answer: My doctor has chilly hands.



## What is health literacy?

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

Health literacy is dependent on individual and systemic factors:

- Communication skills of lay persons and professionals
- Lay and professional knowledge of health topics
- Culture
- Demands of the healthcare and public health systems
- Demands of the situation/context

Health literacy affects people's ability to:

- Navigate the healthcare system, including filling out complex forms and locating providers and services
- Share personal information, such as health history, with providers
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

Health literacy includes numeracy skills. For example, calculating cholesterol and blood sugar levels, measuring medications, and understanding nutrition labels all require math skills. Choosing between health plans or comparing prescription drug coverage requires calculating premiums, copays, and deductibles.



In addition to basic literacy skills, health literacy requires knowledge of health topics. People with limited health literacy often lack knowledge or have misinformation about the body as well as the nature and causes of disease. Without this knowledge, they may not understand the relationship between lifestyle factors such as diet and exercise and various health outcomes.

Health information can overwhelm even persons with advanced literacy skills. Medical science progresses rapidly. What people may have learned about health or biology during their school years often becomes outdated or forgotten, or it is incomplete. Moreover, health information provided in a stressful or unfamiliar situation is unlikely to be retained.

## Why is health literacy important?

Only 12 percent of adults have proficient health literacy, according to the National Assessment of Adult Literacy. In other words, nearly nine out of ten adults may lack the skills needed to manage their health and prevent disease. Fourteen percent of adults (30 million people) have below basic health literacy. These adults were more likely to report their health as poor (42 percent) and are more likely to lack health insurance (28 percent) than adults with proficient health literacy.

Low literacy has been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services. Both of these outcomes are associated with higher healthcare costs.

Source: <https://health.gov/communication/literacy/quickguide/factsbasic.htm>



# Joining Together Eliminating Poverty

**Joining Together Eliminating Poverty (JTEP)** is a local charity in Hillsborough County that is devoted to eliminating poverty by providing resources to families throughout the community. Their mission is to mobilize resources for families, communities, and businesses while joining together to eliminate poverty through family-centered programs. Their many efforts include *Panda Diaper Project* where they work to collect and distribute 50,000 diapers to families with diaper need, *His Hands Project* where people within the community can nominate any person with disabilities or who has recently undergone a surgery to have their home cleaned professionally, and *Parents on Fleek* which features classes for parents and families to make parenthood easier and connect them with other parents to find support and inspiration.

The charity was founded by Alayna Vernon and Melody Haynes. Alayna Vernon works alongside her husband, mother, and her four children to make all this possible. They are better known as SuperMom, SuperGrandma, SuperSis, SuperBro, Wonderboy, and SuperCute. They are the Super Family and they travel around Tampa in their superhero costumes distributing diapers and clothes to families in need.

They recently came to the University WIC office and gave away diapers and clothes to WIC participants. You can follow them on Instagram and Twitter at “*The\_Superfamily*” and “*JTEP Charity*” or check out their website at [JTEPcharity.org](http://JTEPcharity.org) to find their many drop off locations for diaper donations, to make a monetary donation, and upcoming events and classes.

They believe it takes a village to raise a family and they understand the challenges that may arise. They hope to provide parents with the help and support they need and are committed to uplifting our community and the families who live here.



# Fruit & Veggies – More Matters Month

Fresh Fruit and Vegetables Month is celebrated in September and designed to encourage people to eat more of these healthy foods. The American Heart Association has many resources at [www.heart.org](http://www.heart.org) to help you and your family eat healthier this month. Fruits and vegetables do not need to be eaten raw or on their own to count as a serving. Add them to recipes you already make to add color to every meal. Children prefer to eat foods that look bright and colorful, so if you are having a hard time getting your “little one” to eat, try adding some bright berries or carrots to a plate.

Aim to eat different colors to increase the vitamins, minerals and phytochemicals you consume each day. Each color contains different nutrients that may help prevent certain diseases. The five main color groups are red/pink, yellow/orange, green, blue/purple and white.

Here are some tips on how to eat more fruits and vegetables without making big changes to your usual diet.

- When making a sandwich, add sliced vegetables like avocado, cucumbers, tomatoes, and spinach.
- Add diced onions and colored bell peppers to your spaghetti sauce.
- Add sliced bananas or blueberries to your morning oatmeal.
- Spend time one day a week to portion out fruits and vegetables in easy to grab containers to throw in your bag and have a healthy snack in place of vending machine items.
- Add chopped vegetables like peppers and mushrooms to your eggs.
- Make fresh salsa and eat with whole wheat crackers or tortilla chips.
- Use carrot chips in place of crackers to enjoy hummus.
- Replace half of your ground beef in lasagna with chopped vegetables. Use anything in your refrigerator (mushrooms, peppers, zucchini and onions work well).
- Add frozen peas or broccoli to rice when it is almost done cooking.
- Puree fresh fruit in a blender and freeze in an ice tray or popsicle mold.
- Keep a fresh fruit bowl available in your kitchen to encourage you and your family to choose fruit in place of cookies or chips.
- Make a snack mix with nuts and pretzels or cereal and include dried fruit like raisins or apricots.
- When grilling burgers or other proteins, add sliced veggies and fruits to the grill. You can use the veggies to top the burgers or create a grilled veggie salad. Drizzle the grilled fruit with a little honey for a healthy side or snack.



Fruits and vegetables are more expensive at certain times of the year. Look for what is in season to save money. Check out your local farmer's market to get great deals on what is in season. Proper storing of produce will also help them last longer and reduce wasting money. For more ideas on how to add fruits and vegetables to your menu and storing produce for the longest shelf life check out:

Source: <https://www.heart.org/-/media/healthy-living-files/add-color/add-color-fruit-vegetable-toolkit.pdf?la=en&hash=A9CAB1D6089B6A6DAE0B2EFDBB47786249C7B168>



*The 9th Annual*

*Increasing Women's  
Health Awareness*

# *Day of Pampering*

**Saturday, October 12, 2019**  
*University Area Community Center*  
*14013 N. 22nd Street*  
*Tampa, FL. 33613*

**from 2:00 p.m. to 6:00 p.m.**  
*to register call: (813) 559-4167. For adults only.*



***Presented by:***



University Area  
Community Development Corporation, Inc.  
*"Working to improve the community"*



*Linked in Friendship. Connected in Service.*  
Tampa (FL) Chapter





# October is Breast Cancer Awareness

## What is breast cancer?

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the



## Facts about Breast Cancer in the United States

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

Source: <http://www.nationalbreastcancer.org/breast-cancer-facts>

# Nutrition and Healthy Eating

**Find out why whole grains are better than refined grains and how to add more to your diet.**

All types of grains are good sources of complex carbohydrates and some key vitamins and minerals, but whole grains—the healthiest kinds of grains—in particular are an important part of a healthy diet.

Grains are naturally high in fiber, helping you feel full and satisfied—which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.

The Dietary Guidelines for Americans recommends that at least half of all the grains you eat are whole grains. If you're like most people, you're not getting enough whole grain—so see how to make whole grains a part of your healthy diet.



Also called cereals, grains and whole grains are the seeds of grasses cultivated for food. Grains and whole grains come in many shapes and sizes, from large kernels of popcorn to small quinoa seeds.

**Whole grains.** These grains are either present in their whole form or ground into a flour while retaining all parts of the seed (bran, germ and endosperm). Compared with other types of grains, whole grains are better sources of fiber and other important nutrients, such as vitamin B, iron, folate, selenium, potassium and magnesium. Whole grains are either single foods, such as brown rice and popcorn, or ingredients in products, such as buckwheat in pancakes or whole-wheat flour in bread.

**Refined grains.** Refined grains are milled to have had the germ and bran removed, which gives them a finer texture and extends their shelf life. The refining process also removes many nutrients, including fiber. Refined grains include white flour, white rice and white bread. Many breads, cereals, crackers, desserts and pastries are made with refined grains.

**Enriched grains.** Enriched means that some of the nutrients lost during processing are replaced. Some enriched grains have replaced the B vitamins lost during milling. Fortifying means adding in nutrients that don't occur naturally in the food. Most refined grains are enriched, and many enriched grains also are fortified with other vitamins and minerals, such as folic acid and iron. Whole grains may or may not be fortified.

Make at least half the grains in your diet whole grains. You can find whole-grain versions of rice, bread, cereal, flour and pasta at most grocery stores. Many whole-grain foods, including a variety of breads, pastas and cereals, are ready to eat.

Examples of whole grains include:

- Barley
- Bulgur (cracked wheat)
- Oatmeal
- Whole-wheat bread
- Brown Rice
- Millet
- Popcorn
- Pasta or crackers

It's not always easy to tell what kind of grains a product has, especially bread. For instance, a brown bread isn't necessarily whole wheat — the brown hue may come from added coloring.

If you're not sure something has whole grains, check the product label or the Nutrition Facts panel. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

### **A word of caution**

If all of the grains you eat are whole grains, you may need to take extra care to get sufficient folic acid, a B vitamin. While most refined-grain products are fortified, whole grains are not typically fortified with folic acid.

Look for whole grains that have been fortified with folic acid, such as some ready-to-eat cereals. Eat plenty of other folate-rich foods, including fruits, vegetables and legumes. Folic acid is especially important for women who could become pregnant or are pregnant.

Try these tips to add more whole grains to your meals and snacks:

- Enjoy breakfasts that include whole-grain cereals, such as whole-wheat bran flakes (some bran flakes may just have the bran, not the whole grain), shredded wheat or oatmeal.
- Substitute whole-wheat toast or whole-grain bagels for plain bagels. Substitute low-fat muffins made with whole-grain cereals, such as oatmeal or others, for pastries.
- Make sandwiches using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions.
- Replace white rice with quinoa, brown rice, wild rice, barley or bulgur.
- Feature wild rice or barley in soups, stews, casseroles and salads.
- Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra bulk.
- Use rolled oats or crushed whole-wheat bran cereal in recipes instead of dry bread crumbs.

Eating a variety of whole grains not only ensures that you get more health-promoting nutrients, but also helps make your meals and snacks more interesting.



## Making Mental Health a Priority

Many of us strive for total well-being and balance only to put too much emphasis on just the physical parts of that equation—things like exercise, nutrition, and regular health check-ups. But equally essential are the mental aspects, which can be difficult to prioritize as we tackle the multitude of responsibilities of work, family, and everyday living. To help you balance the well-being equation, consider the following practices and habits, and evaluate where you can make some positive changes for better mental fitness:

Practices for Better	Mental Health What You Can Do
Get adequate sleep	Although sleep requirements differ from person to person, make a habit of going to bed early enough to get at least 7 to 8 hours of sleep before you have to get up in the morning. There will undoubtedly be circumstances that can upset this routine, but be vigilant about it to the best of your ability.
Nurture social connections	One of the biggest stumbling blocks to overcoming emotional and mental adversity is trying to handle it alone. Social support can help us through challenges, and maintaining social connections helps us stay engaged and contributes to a sense of belonging. For that reason, don't neglect connections with friends and family. Nurture them as your schedule permits and try to make time for quality interaction.
Stay grateful, not hateful	Digital media makes it easier than ever to send a quick text or share a photo. At the same time, however, digital media contributes to a proliferation of negativity, and even bullying. As you select how to engage with the world—what news to watch, which friends to follow, which comments to read—avoid meaningless, negative, and hurtful content. It isn't constructive. Instead, focus on the positives, and every day, practice affirmations of gratitude. No matter how much adversity we face, we can always find something that we are grateful for.
Talk to a professional	Call the Crisis Center of Tampa Bay at <b>2-1-1</b> If you or someone you know are struggling with thoughts of suicide, please call <b>1-800-273-TALK (8255)</b>



# GIFT @ Work

## A Worksite Wellness Program

### HOW IT WORKS



#### Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



#### Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4152** and learn how you can get started!

**EVERY DOLLAR  
INVESTED YIELDS \$6  
IN HEALTH-RELATED  
SAVINGS**



### Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

*To preserve your privacy*, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov).

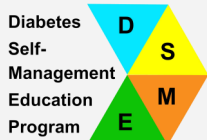
**The Florida Department of Health in Hillsborough County has FREE health education programs. If you are looking for a way to help you be a healthier, call **813-307-8000** to register!**

**BP For Me**

This 4 week program is designed for individuals who have high blood pressure and want to reduce their risk for complications.

**Up coming classes:**

Sept 20, 2019	Friday	2—3 pm	South Tampa area
October 1, 2019	Thursday	2—3 pm	Central Tampa area

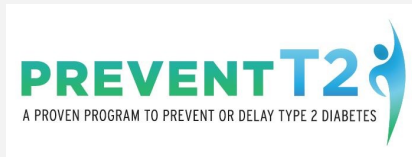


**Diabetes Self Management Education**

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through

**Up coming classes:**

September 17, 2019	Tuesday	10—11:30 pm	Brandon area <b>[Spanish-speaking]</b>
October 2, 2019	Wednesday	11—12:30 pm	Sun City Center area
October 11, 2019	Friday	1:30—3 pm	Plant City area



**The Diabetes Prevention Program**

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other coping skills for a healthy lifestyle change.

**Up coming classes:**

September 9 , 2019	Monday	3—4 pm	Central Tampa area
--------------------	--------	--------	--------------------

**Get Into Fitness Today!**

In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.



**Up coming classes:**

Call to know about our upcoming classes!

**Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)**

This program is designed for ages 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year old's in the program!



**Up coming classes:**

Call to know about our upcoming classes!



## The Florida Department of Health in Hillsborough, Florida Breast and Cervical Cancer Early Detection Program

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

### Upcoming mobile mammography:

*Tampa Family Health Center*

To schedule and appointment, call **813-284-4529**, Sophia



**Florida KidCare**, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working. To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: [www.floridakidcare.org](http://www.floridakidcare.org).

**FL** **rida KidCare**

### **PARKS AND RECREATION:**

Hillsborough County Parks, Recreation, and Conservation.....[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)  
 Plant City Parks and Recreation.....[www.plantcitygov.com/](http://www.plantcitygov.com/)  
 Tampa Parks and Recreation.....[www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)  
 Temple Terrace Parks and Recreation.....[www.templeterrace.com/](http://www.templeterrace.com/)  
 Farmers Markets around Hillsborough County..... [www.american towns.com/fl/hillsborough-county-local-food](http://www.american towns.com/fl/hillsborough-county-local-food)

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state—with factual information. The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile



### **MAIN OPERATOR**

**& Director's Office ..... 307-8000**

### **COMMUNITY HEALTH**

Community Health Director ..... **307-8071**  
 Epidemiology..... **307-8010**  
 Health Education..... **307-8071**  
 Breast/Cervical Cancer ..... **307-8082**  
 Diabetes ..... **307-8071**  
 Florida KidCare ..... **307-8082**  
 Weight Management..... **307-8071**  
 Health Literacy ..... **307-8071**  
 Insulin Program ..... **307-8082**  
 Lead Poisoning Prevention ..... **307-8071**  
 School Health..... **307-8071**  
 Sterilizations..... **307-8082**  
 Office of Health Equity ..... **307-8066**

\* All numbers are area code (813) unless otherwise indicated.

C  
O  
N  
T  
A  
C  
T  
  
U  
S

### **DISEASE CONTROL**

HIV/AIDS Specialty Center.....**307-8064**  
 Immunizations.....**307-8077**  
 Sexually Transmitted Diseases.....**307-8058**  
 Anonymous Testing.....**307-8058**  
 Tuberculosis (TB).....**307-8047**

**ENVIRONMENTAL HEALTH ..... 307-8059**

**HUMAN RESOURCES ..... 307-8031**

**NUTRITION/WIC ..... 307-8074**

### **PHARMACY**

(HIV/AIDS care clients only) .....**307-8072**

### **PUBLIC HEALTH**

**PREPAREDNESS ..... 307-8042**

**PUBLIC INFORMATION OFFICER ..... 307-8044**

**VITAL STATISTICS..... 307-8002**



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

**Florida Department of Health  
Hillsborough County  
Health Education (70)  
Post Office Box 5135  
Tampa, Florida 33675-5135  
813-307-8071**

**[Hillsborough.flhealth.gov](http://Hillsborough.flhealth.gov)**